



# Bergen Arts & Science Middle School

## May 2018 Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

|               |        |
|---------------|--------|
| Student Lunch | \$2.90 |
| Reduced Lunch | \$0.40 |
| Adult Lunch   | \$3.75 |



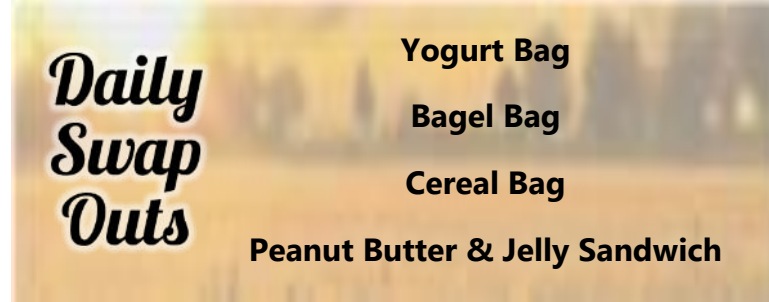
### Deli Central

Halal Sandwiches Available Daily

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Tuna Salad Sandwich

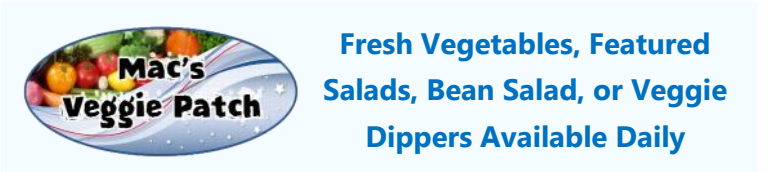
Salad Bar—Tuesday's & Thursday's



### Daily Swap Outs


- Yogurt Bag
- Bagel Bag
- Cereal Bag
- Peanut Butter & Jelly Sandwich

Connect with us!   



Mac's Veggie Patch

Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   | 1<br><b>Hamburger or Cheeseburger on a Bun</b><br>Confetti Fries<br>Fresh or Chilled Fruit<br><br><b>National Hamburger Month</b>  | 2<br><b>Breakfast for Lunch</b><br>Waffles with Strawberry Compote<br>Breakfast Sausages<br>Tater Tots<br>Fresh or Chilled Fruit         | 3<br><b>CINCO DE MAYO Celebration</b><br>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa<br>Steamed Rice<br>Corn<br>Fresh or Chilled Fruit<br>Warm Cinnamon Churro | 4<br><b>STAR WARS DAY</b><br>Lightsaber Pizza Sticks with Marinara Sauce<br>Chewbacca<br>Cucumber Coins<br>Fresh or Chilled Fruit<br><br><b>School Lunch Hero Day</b> |
| 7<br><b>Chicken Nuggets</b><br>Dinner Roll<br>Vegetable Medley<br>Fresh or Chilled Fruit  | 8<br><b>Pasta Primavera with Garden Vegetables</b><br>Garlic Breadstick<br>Freshly Prepared Garden Salad<br>Fresh or Chilled Fruit | 9<br><b>Meatball Parm Sub</b><br>Peas and Carrots<br>Fresh or Chilled Fruit  | 10<br><b>Teriyaki Chicken with Rice</b><br>Steamed Broccoli<br>Fresh or Chilled Fruit  | 11<br><b>Stuffed Crust Cheese Pizza</b><br>Freshly Prepared Cucumber and Tomato Salad<br>Fresh or Chilled Fruit   |
| 14<br><b>Meatless Monday Grilled Cheese Sandwich</b><br>Freshly Prepared Country Slaw<br>Fresh or Chilled Fruit                           | 15<br><b>Mini Ravioli</b><br>Roll<br>Hot Vegetable<br>Fresh or Chilled Fruit   | 16<br><b>Lucky Tray Day</b><br><b>Chicken Sticks with Waffle Sticks</b><br>Maple Cinnamon<br>Sweet Potato Tots<br>Fresh or Chilled Fruit | 17<br><b>Cheese Quesadilla with Salsa</b><br>Southwestern Corn<br>Fresh or Chilled Fruit<br><b>National Salsa Month</b>  | 18<br><b>Personal Pan Pizza</b><br>Freshly Prepared Spring Mix Salad<br>Fresh or Chilled Fruit  |
| <b>Vegetarian Awareness Week</b>  |  |  |  |   |
| 21<br><b>Crispy Chicken BLT Sandwich</b><br>Potato Wedges<br>Fresh or Chilled Fruit   | 22<br><b>Hot Dog on a Bun</b><br>Vegetable Pasta Salad<br>BBQ Baked Beans<br>Fresh or Chilled Fruit<br><b>National BBQ Month</b>   | 23<br><b>Creamy Mac &amp; Cheese</b><br>Soft Pretzel Stick<br>Steamed Broccoli<br>Fresh or Chilled Fruit                                 | 24<br><b>Breakfast for Lunch</b><br><b>Pancakes</b><br>Breakfast Sausages<br>Hash Browns<br>Fresh or Chilled Fruit   | 25<br><b>Bella's Pizza New York Style</b><br>Freshly Prepared Italian House Salad<br>Fresh or Chilled Fruit   |
| 28<br><b>Memorial Day</b><br><br><b>School Closed</b> | 29<br><b>Baked Ziti</b><br>Roll<br>Hot Vegetable<br>Fresh or Chilled Fruit   | 30<br><b>Chicken Parm with Pasta</b><br>Freshly Prepared Caesar Salad<br>Fresh or Chilled Fruit  | 31<br><b>Turkey Club on a Bun</b><br>Oven Baked Fries<br>Fresh or Chilled Fruit  |   |

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: (973)253-0002

MENU SUBJECT TO CHANGE



Maschio's  
Food Services, Inc.  
"This institution is an equal opportunity provider"